

***The Development of Anger  
Management  
Skills in Adults***

- ***What is Anger?***

- • Anger is an emotional state influenced by physiological and cognitive factors.
- • The emotion of anger is usually a response to a specific trigger which is mediated by the person's beliefs and expectations about the situation.
- • A CBT view of anger is that it is an emotion with three components; physiological, behavioral and cognitive.
  - – These are addressed in therapy by using relaxation, behavioral coping skills and cognitive restructuring.
- • Anger management programs in which participants are taught techniques for coping with anger-provoking situations are effective and useful in decreasing the expression of anger by clients with intellectual disability.

# Anger effects thought

- ***Anger can feel like an Intellectual Disability***
- • There is preliminary evidence that people with chronic distress – such as long term physical conditions, mental health issues or long term incarceration and disability present with
- higher rates of anger control problems compared to people without these stressors.
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- • These people often have unmet physical and interpersonal needs.
- These life experiences can lead to personal distress, manifested as anger.
- • Anger expressed as aggression can result in obvious negative
- outcomes for the individual with a disability including;
- – Restricted opportunities
- – Limited access to the community
- – Lack of available opportunities
- – Impaired family and social relationships
- – Poor physical and emotional well-being

# To Begin to Understand

- Please fill out The Aggression Questionnaire
- – It was developed using – 29 statements where people are asked to indicate how uncharacteristic or characteristic each statement is for them, using a
- five-point scale.
- – It was created through its development with a sample of 1,253 individuals and its scales were adapted for easy of use.
- It is specific and direct in its questions.

# ***Introduction to the Program***

- Understanding the difference between anger and aggression (i.e., emotion of anger vs. physicality of aggression).
- Anger is an emotional state of mind – it can include things like frustration, hurt, jealousy, resentment and bitterness.
- Aggression is what we do – yelling, punching, kicking, spitting, throwing things.

# ***How Anger Works***

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- Recognizing the physical and cognitive symptoms of anger (generic body signals of anger)
- It is like a volcano and it builds up to an explosion
- We want to help you gain awareness of the your own physical signs of anger
- Be aware “How am I feeling?” and/or “what Am I feeling or thinking.